

How to Braid Hair

By

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INT. IN A HOUSE (DAY)

MEDIUM SHOT:

Starts off with the back of a woman's head with the finished product of the braid.

NARRATOR

Learning how to create hair braids does involve a bit of a curve, but once you've got it down, you can put a braid in someones hair or your own hair in a matter of minutes. This video will show you the proper method for braiding someone else hair as well as your own. Lets begin by braiding someone else hair.

STEP 1:

Shows a woman blow drying her damp hair.

NARRATOR

Begin by applying a styling gel, mousse or pomade to clean, damp hair and blow drying it as smooth as possible. Braiding hair that hasn't been washed that day and already has hair products in it also works well.

STEP 2:

Shows woman with hair dried and hair being divided into three sections and how to place your hands in hair.

NARRATOR

Divide tangle-free hair into three even sections. Place the left section between your left index finger and thumb, let the middle section hang free and place the right section between your right index finger and thumb. This will begin to create the hair braids.

STEP 3:

Shows the back of woman's head while starting to braid hair according to the instructions being said.

(CONTINUED)

NARRATOR

Grab the middle section with your right middle finger and pull it so it passes behind the right section. Extend your right thumb and index finger so the portion of hair therein becomes the middle section.

STEP 4:

Shows the back of the woman's head, continuing to braid hair and following the instructions given.

NARRATOR

Use the left middle finger to pull the middle section behind the left section. Extend or straighten the left index finger and thumb to make the left section become the middle section. Pay careful attention to the smoothness and tension of your hair braid sections.

STEP 5:

Shows the back of the woman's head and continuing to braid the hair and following the instructions given.

NARRATOR

Shift the portion of hair hooked in the right middle finger so it sits between the right index finger and thumb. Repeat the process, then shift the portion of the hair hooked in the left middle finger so it sits between the left index finger and thumb.

STEP 6:

Shows the back of the woman's head as the braid is being finished.

NARRATOR

Continue until you achieve the desired length of the hair braid. Make a tighter, more compact braid by pulling the middle section into a horizontal line as you pull it to the right or left. For a loose, elongated braid, simply shift the middle section to the right or left, letting it remain in a vertical line.

(CONTINUED)

STEP 7:

Shows the back of the woman's head and the braid that is finished. The braid gets tied off with a hair tie.

NARRATOR

Tie off the ends of the hair braid with a covered rubber band. Add a bow or barrette when appropriate.

BRAIDING SOMEONE ELSE'S HAIR TO BRAIDING YOUR OWN:

Starts off with woman fixing the front of her hair as the instructions tell her to do so, woman begins to divide hair as instructions say to do so.

STEP 1:

NARRATOR

Style the front of your hair, including bangs, wisps and tendrils, before you begin your hair braid. Divide tangle-free hair into three even sections.

STEP 2:

Woman shows the back of her head as she begins to braid her own hair.

NARRATOR

Lift your left elbow to shoulder height and make a thumbs-down fist around the left portion of hair. Do the same on the right side, letting the middle portion lie against your spine.

STEP 3:

Woman continues to braid hair as the instructions say to do so.

NARRATOR

Extend your left index finger and hook the right section of hair. Pull it in front of the middle section, letting it slip completely out of the right hand. Grab the middle section of hair with your right hand, pull it to the right side, then resume the thumbs-down fist position with both hands.

(CONTINUED)

STEP 4:

Woman continues to braid her hair and showing you the process of how to place your fingers.

NARRATOR

Extend your right index finger, hook the far left portion of hair and let it slip completely out of the left hand. Shift the portion of hair in your left hand into a thumbs-down fist, then free up the left index finger. Make a thumbs-down fist with your right hand, then use your left index finger to hook the far right portion. Try and keep the tension on each section of your hair braid as even as possible for best results.

STEP 5:

Shows the back of the woman's head with the finished braid.

NARRATOR

Continue the process until the braid is complete. To braid very long hair, you may have to free a hand to pull the portions through. Secure the developing braid by pressing your knuckles into it as you shift your hands for the next cross.